

Hi Marybeth,

I wanted to share something with you, because I think you will understand.

I went through a terrible depression phase in my life that stretched on for decades. I attempted suicide three times and was on a multitude of antidepressants for nearly twenty years. I have been totally free of the malignant depression that haunted the old me for about six years now. I wanted to pass to you the same things that I learned that helped me not only cope but to totally triumph over what I used to call the “killing sadness” that for so long, held me completely under its sway and reduced my quality of life to zero.

I know this is a funny place to start, but bear with me; the Book of Revelation contains the phrase, “And they shall know no peace, those who worship the Beast and his image.” I am certainly not accusing you of worshipping the devil here. I didn’t either back during my depression days. But the truth is in the symbolism; those who suffer depression can truly know no peace. That is a clue.

Anton LeVey, founder of the Church of Satan, proclaimed in his ‘Satanic Bible’, that, “Satan represents indulgence!” This could not be more true. All of the great evils, the seven deadly sins, result directly in the gratification of indulgences. Mentally list them and you’ll quickly see.

But what is being indulged?

The answer is, the ego.

“And they shall know no peace, those who worship the Beast and his image.”

Now, what is The Beast? The Beast is the lower self, the part of us that allows ourselves to become immersed in material living and the ways of the world. The lower self doesn’t think about God, it pursues mundane, earthy things like gratifications of one sort or another. Some gratifications are very subtle, such as pride; It makes one do astonishingly many things one was never even aware that one was doing out of ego... These things lead to depression. The Bible says, “Remain unspotted from the ways of the world.” Well, this is why, as I learned at considerable cost:

When a person becomes so wrapped up in their own way of doing things, going only their own path, doing what only benefits them, having faith only in their own council, dwelling on thoughts of self to the point that they become sucked in to the act of perpetually self-scrutinizing in order to dig out the reason why their ego (the only thing they truly have faith in) has failed to be able to cope with everything that comes, they unintentionally create a behavioural feedback loop that causes things like “neuroses”, “depression”, “OCD”, “bipolar disorder”, etc. to come into existence.

In other words, when we take on the entire burden of the world ourselves, it is too much for us. Why would a person even do this? Well, some people lose touch with the Lord by being kicked around early in life and at some point start thinking that the only person they can trust is themselves. This later manifests as egocentrism. It isn’t that a person need necessarily always “act selfish” or be conceited as hell to suffer from egocentrism. I would say that most people today are suffering from egocentrism to one degree or another. It is a question of where one is directing their thoughts as they go through their day; at others or at themselves.

Part of the secret of happiness (if not the entire secret) is that going through life trying to make yourself happy is a strategy certain to fail. Gratifying one desire simply leads to the craving to gratify another. It's impossible to satiate desire through appeasement. Selfish people, cut off from faith in others, no longer trusting in God, bent only on fulfilling their desires sooner or later turn rotten inside and end up feeling utterly empty. They feel life is shit and has betrayed them somehow. They fall into misery and spiralling hopelessness.

The real key to happiness is NOT living to make yourself happy, but living to make someone ELSE happy.

Learn to develop the skill of dedicating all your thoughts, as much as possible, not toward demoralizing yourself, not towards scrutinizing the self to hash out what is wrong with you, but toward somehow improving the lives of other people. Get into the habit of thinking this way! All depression will EVAPORATE.

That is a spiritual law. It is one of God's truths; it is always true 100% of the time, as we here on earth have been put here to find out, one by one, in our own little ways. The reason for this spiritual law is faith. We simply cannot isolate ourselves from God and be able to cope with everything. In isolating ourselves from others, we are isolating ourselves from associating with other expressions of God. Yes, every human soul is part of God. People need each other, people need God. Our materialistic society is currently making a lot of people sick with this malady of faithlessness and egocentrism and all its associated "neuroses" and depressive maladies.

Believe me, I know from experience here; I used to be a completely egocentric asshole. If someone had told me these things back then, I would simply have scoffed. I was sick.

When I was depressed, I would sit around all day long thinking about ME.

But thinking about ME is exactly what makes us sick. Here's a good analogy; imagine a lovely teenage girl. She's quite pretty and well-enough liked by those she sees every day. But for some reason, she takes a break from thinking about her friends and begins sitting around thinking about herself. She starts scrutinizing herself in the mirror far too closely. Even though she is pretty enough, she starts finding fault with every little pore and eyelash. Soon she is obsessing over the faults. She plucks some eyelashes, is dissatisfied with the results, and ends up shaving them off. She buys numerous skin creams, dyes her hair a hundred times, and puts on all the makeup she has all at once trying to cover up all the perceived faults that she has magnified to a degree completely out of proportion with her initial natural loveliness. Now she looks like whack-o scarecrow. Well, this is just a physical analogy to what depression does to a person mentally and spiritually. It is the result of busying the mind with thoughts of self.

I myself used to sit around for hours thinking about what psychological aberrations I was suffering from. Am I bipolar? Is it depersonalization disorder? Is it Borderline Personality Disorder? Am I exhibiting dissociation? Am I schizophrenic? Should I start taking antipsychotics? Am I demonstrating sublimation pathology of existential psychosis stemming from an unresolved destrudo complex?

It is simplicity itself these days for even a devout spiritual person to lose touch with faith in God. Too rarely do we really "walk the walk" of Jesus, as he laid it out in the New Testament. Remember

Anton LeVey's words? "Satan represents indulgence!" well, let's consider what it is that Jesus' words represent...

It is Selflessness.

In the Bible, Jesus further says, "My path is easy and my burden is light." Those who are selfless are not worrying about what is wrong with them all day, they are not lost in struggling to cope existentially with the world, they are happily busy, and carrying out whatever acts they are individually capable of performing in order to improve the lives of others! They're delighted to be too busy to think about themselves; in fact, they are feeling FULFILLED as never before.

Yet, when people are afflicted by inward-directed thinking habits, too often do they say to themselves, "what's the use" or "there is no point in trying". If there was no point in trying, God would not have placed us on this earth to learn to exercise our willpower in order to triumph over the tests he puts before us; tests, crosses to bear, akin to a challenge a parent might present to a child in order to help them develop into a disciplined, highly effective adult, equipping them with an important skill they need to flourish. There is a purpose to all this!

Did you know that some of the most ancient cultures on earth believed in a creator God that put human spirits here for further development because mankind is not yet ready to associate with angels, but is destined to one day do so? This is also exactly what Christianity teaches! (And this is confirmed in a massive way by the Edgar Cayce readings.) We have lost touch, in all our denominations and divisions, with this basic spiritual knowledge, the foundation stone of human existence. Consider the Book of Revelation; it is an allegory of the destruction of the lower self, the egocentric self-directed thinking patterns of "the Beast" giving way to the Christ potential, the selflessness, that lies latent in every human heart. The "seals" which the angels break to unleash the "apocalypse" are merely stages in individual human development. The "apocalypse", the destruction of the Beast, Dragon, and Whore of Babylon, is the erasure of world-centric thinking patterns and egotism. Think of all the subtle things, the tricks and manipulations, which egotism slips over on a person each and every day. Consider all those people relentlessly promoting themselves and flaunting how sexy they are on Facebook these days. Now imagine what would happen to Facebook if suddenly all of these people simultaneously awoke to a higher state of being, flooding Facebook with innumerable Christs! That would be an apocalypse indeed! For Facebook, I mean. You can see how an apocalypse is not a poor-fitting analogy for what happens to the old, earthy, selfish self, after the higher self, the selfless Christ that has been waiting inside all along, has finally arisen to gain control over the body and destiny of a person. No more childish ego-magnification! All that uninformed sophomoric frivolousness is blown away by the vast potential for relentless indiscriminate benevolence that was waiting there all the time to fulfil your life.

Remember all those old folks at church when we were kids that just seemed perfectly well adjusted, happy, smiling, full of cheer, and fulfilled each and every day and were always working to help other people? I never used to understand people like that at all. "How can they be so happy all the time? Are they even human?" I used to think. I was miserable! Well, now I know; the secret to being truly happy in life is putting aside obsessing about the self and getting on with helping other people selflessly as often as you can, at every opportunity, ...NO MATTER how they treat you in return.

For it is the great commandment which was given by Him, who would give himself a ransom for all: "A new commandment - love one another, even as I have loved you." Though others may murmur and grumble, though others may speak unkindly, just ignore the cynics and love thy neighbour. There IS happiness in that! Christ was our model to emulate and we human souls are the children of God. This key commandment is God helping his children to realize happiness. Christ also said, "I am truth." The Christ model is our path to real, actualized contentment and of truth; the spiritual law of selflessness! Make it your cornerstone and overcome the earth!

Moreover, it is written, "By their works shall they be judged."

So go out and create some works! Ask the Lord, "Let me be as a channel to someone I can help today Lord! Please send me someone whose life I can help to improve!"

Even when you're alone there's a multitude of things you can do to help other people. Just overcome that evil of depression, that reticence to even begin, and you will soon start feeling better. Get up and fight! The time is NOW! You have borne the Cross and now you are CALLED! Show God, our father, that you can indeed take control of your life. He wants us to use the willpower he gave us in order to triumph.

Reflect on these things. Reflect on life often, but don't brood! Think constructively. Think about who needs help and how you can improve the lives of others. Put this thinking into action! Overcome the inertia, and get up and start doing. Make it a habit. WANT to help others. MAKE yourself! Keep at it! Make it your daily discipline, and the months will begin to fly past. Soon you will be equipped to deal with whatever comes and will no longer be troubled with depressive afflictions. Alone? Isolated? There's STILL things you can do! Find them! One day you will look up, as I did, and realize in your great joyousness that you have been cured by the grace of God because you had faith and chose to work with, and not against, his spiritual laws.

Also, you're now in an excellent position in life to spend your time in study (and the time is right). The world, as I discovered to my delight, IS something that you can figure out with dedicated study. Ask God to bring truth to you. Pray for it. Do research to find out the truths of the spirit, and identify the deceptions, and misconceptions of the earth and accepted dogmas which keep people miserable in ignorance. Compare the scriptures of the oldest religions of the world, study the Edgar Cayce readings. Study the Bible. And be astounded that sources agree! There is ONE truth in these things! There IS a meaning to it all! Busy yourself with renewed spiritual learning and helping others and your life will transform from a "killing sadness" to a dazzling palace of constant miracles that you never suspected was there all along, simply waiting to be discovered.

All the best!

James

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